

2nd Annual

TENNESSEE ULTIMATE FIRE FIGHTER CHALLENGE

SEPTEMBER 24, 2005

*Are you **TUFF** enough to accept the challenge?*

COMPETITOR INFORMATION PACKET



Dear Participant,

Thank you for your interest in the 2nd Annual Tennessee Ultimate Fire Fighter "TUFF" Challenge!

The TUFF Challenge Committee, which includes members from the Department of Commerce and Insurance, the State Fire Marshals' Office, the Tennessee Fire Service and Codes Enforcement Academy, the Tennessee Fire Chiefs' Association and the Tennessee Fireman's' Association, is dedicated to providing a safe and memorable experience for competitors, friends, family members and fans alike. Our hopes are for the TUFF Challenge to become a spectacular event that individuals look forward to each year.

From victim rescue to ventilation to climbing, competitors will perform a series of tasks that represents the physical demands that are placed on firefighters on a daily basis. The TUFF Challenge is geared in support of firefighter fitness and is a great way to showcase the hard work and dedication of our States' first responders. And what a great way to kick off the Fire Prevention for October!

Enclosed, you will find a copy of the 05 TUFF Challenge Rules and Regulations, Challenge Specifications, Challenge Lay-Out, NFPA Equipment Specifications, Registration Form, Waiver of Liability and supporting information. You are required to read and adhere to all TUFF Challenge rules and regulations and to complete the Waiver of Liability form.

The proceeds from this event will benefit the Tennessee Fire Fighter Memorial, which is in the planning stages through the Tennessee Fire Chiefs' Association and the Tennessee Fireman's Association.

The committee welcomes all comments and suggestions; please let us know what you like or what you would like to see changed. Send all correspondence to: TFACA, attention TUFF Challenge, 2161 Unionville-Deason Road, Bell Buckle, Tennessee 37020.

We look forward to your participation in the TUFF Challenge!

~ TUFF Challenge Committee

The Tennessee Ultimate Fire Fighter (TUFF) Challenge is open to **Tennessee Fire Fighters only** and is held at the Tennessee Fire Service and Codes Enforcement Academy located in northern Bedford County. The TUFF Challenge will consist of an **individual** or **team** relay challenge. Individuals should be in excellent physical condition. Teams are required to have 3-5 persons per team. Only one (1) team per fire department is allowed. Fire Departments are allowed to join together to form a team. Participants are allowed to compete on **one team only**. All participants will be provided a copy of all TUFF Challenge rules, regulations and specifications. Participants are strongly urged to read and abide by these rules. The Waiver of Liability form must be completed by each participant and returned with the registration form and fees. Failure to follow all of the challenge rules and regulations may result in a disqualification.

The 2nd Annual TUFF Challenge Competition will be held on Saturday, September 24, 2005 at the Tennessee Fire Service and Codes Enforcement Academy located at: 2161 Unionville-Deason Road in Bell Buckle, Tennessee. Individual and Team Competitors registration/sign-in begins at 8:00 a.m. The TUFF Challenge Competition will begin at 9:00 a.m. All times are Central Standard Time (CST). You will be notified in advanced of your start time and **must be registered** one hour prior to start time.

REGISTRATION IS LIMITED! FIRST COME/FIRST SERVE!

Competitors are urged to register early; enrollment is **limited to 40** individuals and teams for the challenge.

Only **one team per fire department** may register and participate.

Individuals may compete on **one team** only.

Participating fire departments are urged to register at least two (2) TUFF Challenge volunteers per team.

Registration will be accepted by mail or hand delivery only. Phone calls and facsimiles will **not be** accepted.

Registrations **are not** permitted on the day of the event.

A team is considered registered upon submission and receipt of a properly completed registration form and entry fees. Letters of confirmations will be mailed to the designated address on the registration form, to the attention of the team captain or individual.

TUFF Challenge registration deadline for is August 1, 2005.

Entry fees **MUST** be submitted with registration.

Mail registrations and entry fees to:

TFACA
Attn: TUFF Challenge
2161 Unionville-Deason Road
Bell Buckle, TN 37020

Make checks for TUFF Challenge fees payable to: Tennessee Fire Chiefs' Association (do not send registration fees to the association).

INDIVIDUAL EVENT

An individual may register to compete in the event.

The individual will be required to participate in each evolution listed.

An individual may also compete on a team.

Individual must be classified as a paid or volunteer firefighter.

The classification of a paid v/s volunteer department: 100% of fire department personnel receive fire department pay are classified as paid department. All other fire departments are considered as a volunteer classification. (These classifications are for the TUFF Challenge competition only.)

CHALLENGE RELAY TEAM

The relay team **must** consist of at least 3 and no more than 5 persons, male and/or female, any age.

Fire Departments are allowed to join together to form a team.

Team must be classified as a paid fire department or volunteer fire department.

The classification of a paid v/s volunteer department: 100% of fire department personnel receive fire department pay are classified as paid department. All other fire departments are considered as a volunteer classification. (These classifications are for the TUFF Challenge competition only.)

ENTRY FEES

The registration fees are as follows:

TEAM COMPETITION:

Paid Fire Departments - \$100.00 per team.

Volunteer Fire Departments - \$50.00 per team

INDIVIDUAL COMPETITION:

Paid Fire Departments - \$50.00 per individual.

Volunteer Fire Departments - \$25.00 per individual.

A late fee of \$25 per team will be assessed after the August 1st deadline.

PARTICIPANT INFORMATION PACKAGE

Participants will be provided an information package and is responsible for reading and abiding by all rules and regulations.

REFUNDS

Refund requests will be honored 14 days prior to competition date only (September 9, 2005). Requests for refunds after this date **will not** be honored.

WEBSITE

Information will be posted and all efforts will be made to update team registrations on the TFACA website roster, which will be available at www.state.tn.us/commerce/sfm/tfaca after August 1st.

WAIVER OF LIABILITY

Prior to participation or practice dates, each competitor must sign the Waiver of Liability Form.

Participants refusing to sign the Waiver of Liability **will not** be allowed to compete in any event. This includes team member substitutions.

COMPETITION PRACTICE

Practice dates will be available for both individual and team practices. You will be notified in advanced of practice dates and times. You MUST notify TFACA staff in advance of which date you choose and when you are on site.

AWARD CATEGORIES

Awards will be given to the top 3 finishers for both volunteer and paid teams and individuals.

A total of 6 team awards will be given. A total of 6 individual awards will be given.

TUFF CHALLENGE AND TFACA FACILITY GUIDELINES

TUFF CHALLENGE CONTACT INFORMATION~

If additional information is needed, please contact:

Karen Alexander: phone: 931.294.4111 e-mail: karen.d.Alexander@state.tn.us

Cheryle Hunt: 931.294.4111 e-mail: cheryle.hunt@state.tn.us

TFACA Web Site: www.state.tn.us/comemrce/sfm/tfaca

GENERAL ~

You will be notified in advanced of your start time. All competitors are expected to be present and checked in at the TUFF Challenge Registration table one (1) hour prior to team or individual start times. No exceptions!

Each competitor must personally be present for check in.

Delinquent competitors **may be** disqualified.

Alcoholic beverages and/or non-prescription narcotics are **not permitted** on facility grounds.

All participants and visitors must adhere to all posted traffic signs while on campus. Travel on outside of vehicles (hood, truck, tail-gates, etc.) is **not permitted**.

Bedford County Emergency Medical Services will be on hand in the event medical assistance is needed.

ONLY authorized personnel and competitors are allowed in competition area. NO EXCEPTIONS! Family members and friends must remain in spectator areas.

START ORDER ~

Random drawing by the TUFF Challenge Committee creates starting order.

The random drawing will take place once the registration process has been completed and the deadline of August 1st has passed.

Start order preference **will not** be allowed.

A listing of starting order will be posted at the event registration table. Individual competitors and team captains are responsible for ensuring that participants are at assigned areas when called.

If you are unable to participate in your starting order, you must notify TUFF Challenge Committee staff immediately.

The "next-up" competing team or individual **must be** in the staging area in full turnout gear when the preceding participant is at the start line. You will be notified to gather at staging area, you are responsible for being ready on time.

Competitors not ready for start signal **may be** disqualified.

SUBSTITUTIONS ~

Firefighter competitor substitutions within the team are allowed.

TUFF Challenge Committee must be notified of substitutions by September 1st.

SPECTATORS ~

Spectators, friends and family members are welcome and urged to bring seating, blankets or umbrellas.

Parents/Adults must be responsible for children at all times.

Pets are not allowed on TFACA facility grounds.

Spectators, friends and family **are not** allowed on the course at any time.

Many areas of the TFACA facility grounds will be off limits; all individuals are strongly urged to not cross caution tape designating closed off areas.

Vendors and activities for children will be located near competition area.

COMPETITORS ~

Competitors are permitted on the course only when they are physically running the competition course.

Penalties, including disqualification, may be assessed for violation of any rule.

Disrupting the competition could result in a disqualification.

The individual competitor or team captain and the TUFF Challenge Marshal (to be determined by the TUFF Challenge Committee) will resolve disputes regarding penalties. We do not review videotapes, etc. All TUFF Challenge Marshal decisions are final.

AWARDS

Team competitors will receive a challenge t-shirt. Three (3) awards will be given to top finishers for each category (paid department / volunteer department (teams) or paid individual / volunteer individual). Awards must be claimed prior to the conclusion of the event. Items not claimed on the day of competition will **NOT** be sent to competitors. There are no exceptions to this procedure.

Competition results are updated after each competition and posted on the Challenge Result Board, which will be located at the registration desk.

Sponsors on an event-by-event basis may award other prizes. Prizes provided by Sponsors are the responsibility of the Sponsor. TUFF Challenge Committee assumes no responsibility for the delivery of these awards.

EQUIPMENT RULES

SCBA. Breathing apparatus is provided by the Tennessee Fire Service and Codes Enforcement Academy and must be worn by all participants. Competitors will not be on air.

TURN-OUT GEAR. Competitors must compete in their own protective equipment. Turnout gear, which includes jacket, pants, boots, gloves and helmets, must be approved for structural fire fighting consistent with NFPA standards. (A copy of the NFPA Standards will be available at the registration desk.) Face-masks and hoods

will not be worn during the TUFF Challenge competition. Helmet face shields are optional.

TUFF Challenge Judges will inspect all gear prior to participation. Your team number and fire department name will be called prior to your start time for equipment inspection; all team members must be at appointed inspection area. Team members not at area could be disqualified or a 2-second penalty may be assessed. TUFF Challenge Judges decisions are final. Articles of turnout gear and SCBA must not be removed or lost during the competition. If dropped, they must be retrieved and correctly replaced by the competitor before continuing. Non-retrieval may result in disqualification.

EVENT COMPETITION

Each event must be performed in the order specified below.

START. Prior to the start signal, each competitor must be on start pad. Following the start command, an audible sound will start each team. An early "false" start may result in a restart or a 2-second penalty, at the sole discretion of the Official. More than two (2) false starts may result in disqualification.

TASK 1: High Rise Stair Climb Evolution. Carry a high-rise standpipe pack (2 sections of 1 1/2" hose) up to the third floor of the control building. The standpipe pack is to be deposited at the top of the stairs in the designated area. The free hand may be used to assist in the climb by pulling on the handrails. No skipping of steps is allowed on the way down. The team is disqualified if the pack falls from the third floor.

TASK 2: Hose Hoist Evolution. A donut roll of 2 1/2" diameter hose and utility rope are used for this event. The competitor must stand at the rail of the third floor while hoisting. The evolution is complete when the roll clears the railing and is placed in the designated area. The donut roll must stay on the third floor. The team is disqualified if at any time loss of control of the donut roll, including falling off the building, or rolling down the stairs. A fallen donut roll may not be retrieved.

TASK 3: Forcible Entry Evolution. Employing the Forcible Entry Simulator, and with a 8 pound sledge hammer provided, drive the beam five feet by striking the end of the beam. No pushing or pulling is allowed. The end of the beam must be struck squarely and distinctly. Do not hit the handle on the beam. This event is completed when the end being driven crosses the five-foot line. The hammer must be placed in the designated spot.

TASK 4: 1 3/4 Hose Advance Evolution. After walking the required distance of 140 feet through the cones, pick-up the nozzle end of the 150 foot charged 1 3/4" line and advance it 75 feet to the line marked on the pavement where you will open

the nozzle and hit the target. The nozzle must be fully closed and placed on the ground (not dropped) before advancing to the next event.

TASK 5: Victim Rescue Evolution. Lift and/or drag a 175-pound rescue dummy a distance of 100 feet. The dummy (and participant) must cross completely over the finish line. This event is complete when the dummy and participant clear the finish line. Stress the importance of getting down low on the dummy and lifting/dragging with their legs.

EXCHANGES~

You may only exchange the spanner wrench at the five designated spots on the course.

Exchanging must be hand-to-hand and competitors may elect to put the spanner wrench down after an exchange but must pick up the spanner wrench before advancing to the next event. Loss of control of the spanner wrench will stop the team's forward progress until the member completing the evolution regains possession. Teams that have less than 5 competitors may have a member complete more than one evolution in succession, or alternatively, they may have another member interposed between the events. In any case, the handoffs must be accomplished in accordance with these rules.

First Exchange: At the third floor of the control building. A legal pass takes place when all competitors' feet are on the third floor, following the deposit of the high-rise pack in the designated area.

Second Exchange: Between the last step exiting the tower and on the Forcible Entry Simulator.

Third Exchange: Anywhere within ten feet of the Forcible Entry Simulator.

Fourth Exchange: At the start line for the Hose Advance Evolution.

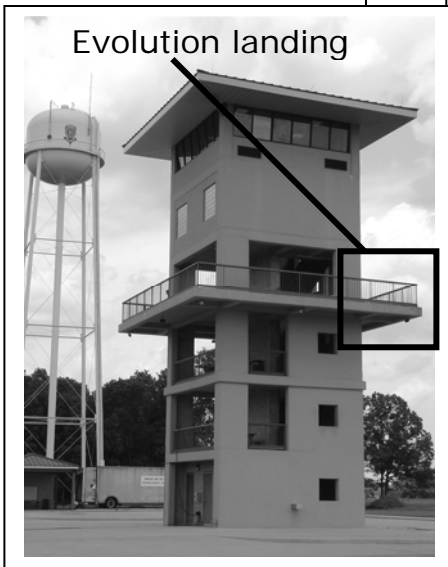
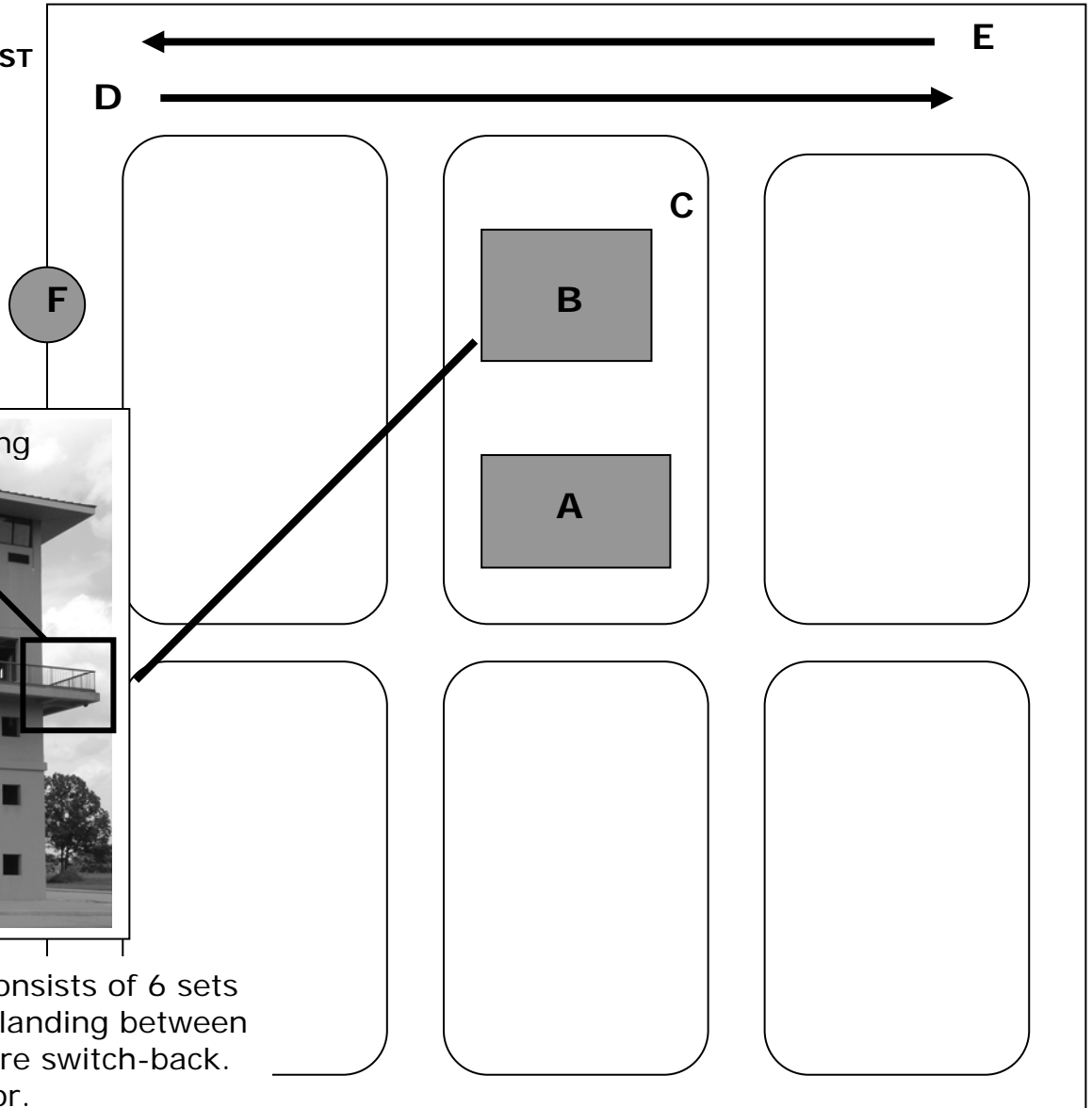
Fifth Exchange: At the start of the Victim Rescue Evolution. The competitor cannot touch dummy until they have the spanner wrench.

Any early exchange, (hoisting hose, touching the hammer, touching the nozzle, lifting the dummy before a handoff) will result in a 2-second penalty. No assistance can be rendered to a member of a team by any other member of the same team; each infraction will result in a 2-second penalty, (i.e., if a member completing a task drops the wrench, they alone must be the one to pick it up). If any object should fall off the control building (i.e. spanner wrench, donut or high-rise pack) the team will be disqualified.

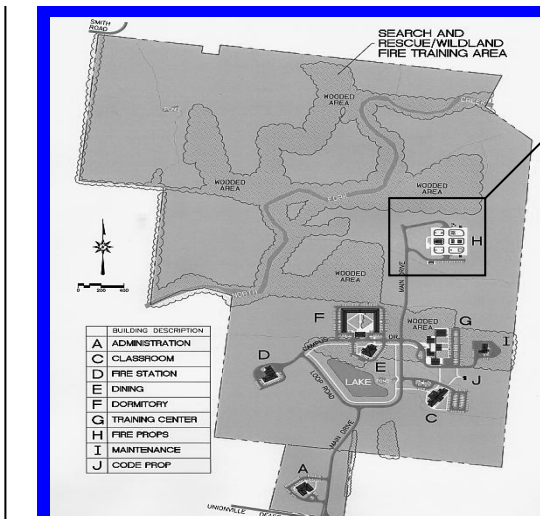
Any rule infraction will result in a 2-second penalty

TUFF CHALLENGE COURSE - LAYOUT

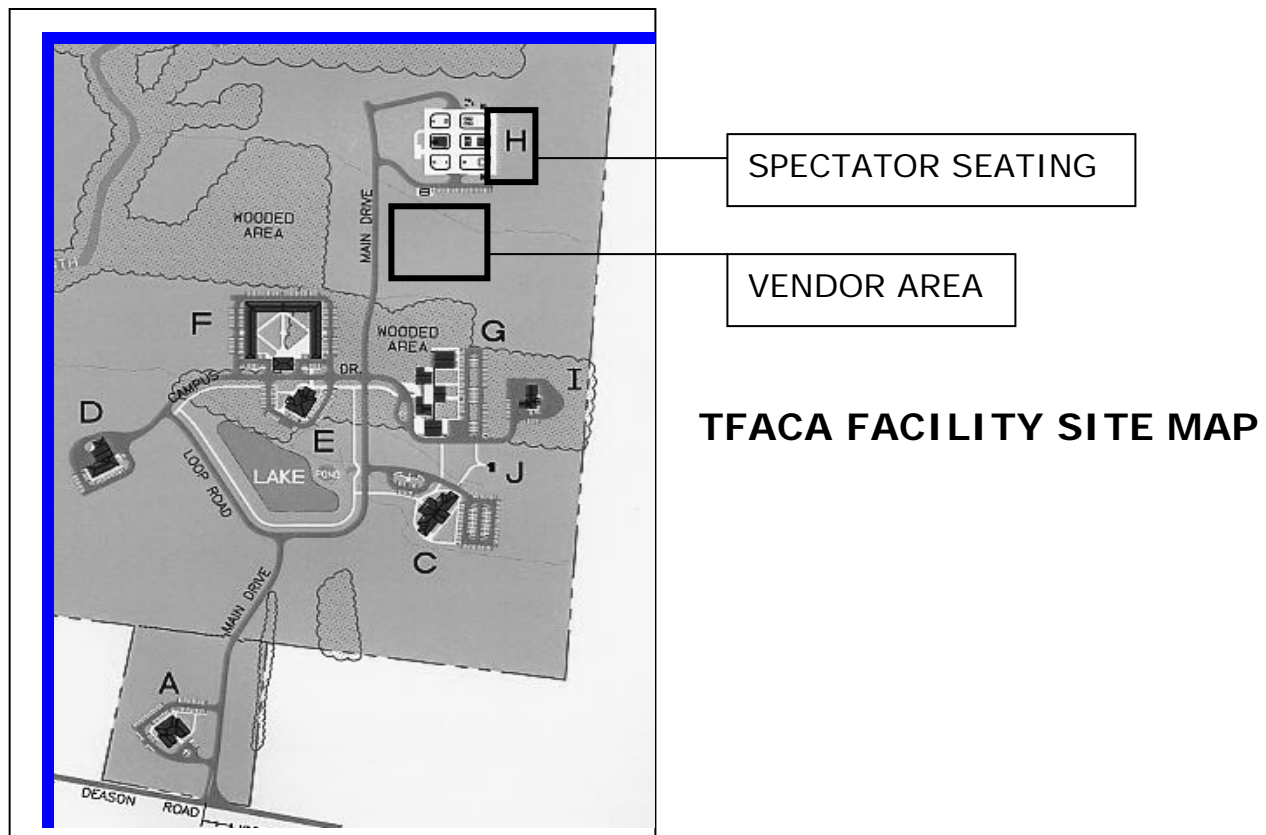
- A - STAGING AREA
- B - HIGH RISE & HOIST
- C - FORCIBLE ENTRY
- D - HOSE ADVANCE
- E - VICTIM RESCUE
- F - HYDRANT



Tower evolution consists of 6 sets of 9 steps, with a landing between each set. Stairs are switch-back. Landing on 4th floor.



Area enlarged



VISITOR PARKING:

Visitors will be allowed parking in designated areas only. These areas include parking in sections F, G and E. Additional areas may be clearly designated on September 24th. A shuttle bus will be available for use if needed.

VENDOR AREA:

Vendors will be allowed to set up booths in the area provided near the TUFF challenge Event area. Area is split into three categories: Gold, Silver and Bronze Sponsors. Vendors will be assigned areas according to sponsorship levels.



Competitor's Name (Please Print) _____
Last First

WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

**Attendance at or Participation in Classes (Events) Offered by the
Tennessee Fire Service and Code Enforcement Academy**

Waiver: In consideration of my attendance at or participation in training classes taking place on the property and facilities of the Tennessee Fire Service and Codes Enforcement Academy in Bell Buckle, Tennessee (hereinafter "the Facility") during the period of

_____ through _____, I for myself, my heirs, personal
(date) (date)

representatives or assigns, **do hereby release, waive, discharge, and covenant not to sue** the State of Tennessee, its officers and employees **from any and all claims of liability** for personal injury, accident or illness (including death) and property loss arising from my presence at the Facility and/or my attendance at or participation in classes offered by the Facility.

Signature of Student Date

Assumption of Risks: The use of the Tennessee Fire Service and Codes Enforcement Academy in Bell Buckle, Tennessee (hereinafter "the Facility") carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, sprains, and minor burns 2) major injuries such as joint or back injuries, broken bones, heart attacks, head injuries, severe burns and psychological trauma 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand and appreciate these and other risks that are inherent in the activities that are made possible by the Facility. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

Indemnity and Hold Harmless: I also agree to INDEMNIFY AND HOLD HARMLESS the State of Tennessee, its officers and employees from any and all claims, actions suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in the classes offered by the Facility.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of Tennessee and that if any portion of it is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement of Understanding: I have read this waiver of liability, assumption of risk and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue.** I acknowledge that I am signing the agreement freely and voluntarily and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

Signature of Student Date

T U F F Challenge Registration

September 24, 2005

(All information must be accurate and complete)

Fire Department Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Fire Dept Phone: () _____ fax: () _____

Additional Contact Information: _____ e-mail address _____

Please check department category: Paid: _____ Volunteer: _____

Entry Fee Enclosed? \$ _____ (Teams: \$100.00 Paid, \$50.00 Volunteer,
Individuals: \$50.00 Paid, \$25.00 Volunteer)

Mail entry feels to TUFF, 2161 Unionville-Deason Rd., Bell Buckle, TN 37020

Individual/Team Name: _____

(teams: choose a team captain; list captain name #1.)

1. _____ Shirt Size: _____

2. _____ Shirt Size: _____

3. _____ Shirt Size: _____

4. _____ Shirt Size: _____

5. _____ Shirt Size: _____

List Team Volunteer Names: _____

I (or my team) understand all rules, regulations, and guidelines as set forth in the registration packet. I have completed, signed and enclosed the Waiver of Liability form for myself or one per competitor. I also understand that a late fee of \$25.00 will be assessed to any registration that is not complete and does not include entry fees.

Signed: _____ Date: _____

(individual competitor or team captain)